



Lisa

Hi I'm Lisa Ramos and I am the Head Coach of Sync or Swim, the Torrance Competitive synchronized swimteam. I am a sophomore at El Camino College, where I am a cabinet member for Alpha Gamma Sigma. I am in the Honors Transfer program and will transfer to a four year university in the Fall of 2010 as an English Major.

I have been in Synchro since I was six years old and a member of the founding team of Sync or Swim since age 11. I have been coaching with the team for the last four years and I love it.

I am a lifeguard and aquatics instructor here at the plunge as well as coaching the team. I love school, hanging out with my friends, texting, going to movies and shopping. I also love decorating cakes, music, Facebook and laughing.

My Favorite quote is:

"Then give to the world the best you have, and the best will come back to you."
-Madeline Bridges